

# Colorado Chapter

## UPCOMING EVENT: Mental Health Recovery Festival

Learn all about Eastern Colorado VA Mental Health services. Enjoy refreshments, music, art, recovery stories and more!

May 29, 2019 at 12:00 PM - 2:00 PM  
Rocky Mountain Regional VA Medical Center Auditorium



### S.A.V.E Veterans Suicide Prevention Gatekeeper Training #BeThere for Veterans and Service Members

To bring this training to your community or organization please contact:  
Dr. Edgar Villarreal  
Suicide Prevention Program Manager  
VA Eastern Colorado Health Care System  
Edgar.Villarreal@va.gov or 720-723-7346

### Upcoming Events

**May** **Mental Health Recovery Festival**  
Wednesday, May 29, 2019 at 12:00PM-2:00PM  
Rocky Mountain Regional VA Medical Center Auditorium

**July** **Joining Community Forces Quarterly Meeting**  
Wednesday, July 17, 2019 at 9:00AM-12:00PM  
Holiday Inn Express-Castle Rock  
610 Genoa Way, Castle Rock, CO 80109

VCP Coordinator Courtney Bauers  
Email: Courtney.Bauers@va.gov



VETERAN COMMUNITY PARTNERSHIPS

## S.A.V.E Veterans Suicide Prevention Gatekeeper Training

# #BeThere

for Veterans and Servicemembers



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#### CARE ENHANCEMENT TOOLS

- Safety Plan:** Develop a list of warning signs, coping strategies and social supports that you can use when in crisis.
  - Mindfulness Coach:** Practice mindfulness-paying attention to the present moment without passing judgement on it.
  - Moving Forward:** Learn problem solving skills to overcome obstacles/stress.
  - PTSD Coach:** Monitor and manage PTSD-related symptoms and stress.
  - Virtual Hope Box:** Learn coping, relaxation exercises, distraction, positive thinking, and reminders for living.
- #NeverWorryAlone  
SUICIDE RISK MANAGEMENT Consultation Program FOR PROVIDERS WHO SERVE VETERANS  
[SRMconsult@va.gov](mailto:SRMconsult@va.gov)

#### RESOURCES

- STAND BY THEM**  
24/7 Crisis support for Veterans, families and their friends. Call: 1-800-273-8233, Press 1  
Text: 838255  
Chat: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- VA Vet Center**  
Counseling, peer support & other resources for Veterans & their loved ones at community-based offices across the U.S.  
Call: 1-877-WAR-VETS (927-8387)  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)
- Coaching for Care**  
A national telephone service which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Call: 1-888-823-7458  
<https://www.mirecc.va.gov/coaching/>
- MAKE THE CONNECTION**  
Veterans & their families share stories of strength and recovery in personal videos.  
[www.maketheconnection.net](http://www.maketheconnection.net)

VA U.S. Department of Veterans Affairs  
Veterans Health Administration  
Fargo VA Health Care System

### Suicide Prevention Program

## Veterans Crisis Line

1-800-273-8255  
PRESS 1

VA Eastern Colorado HEALTH CARE SYSTEM

#### VA SUICIDE PREVENTION

The Suicide Prevention Program is a VA-mandated program at each VA Medical Center and large CBOC. The goal of the program is to end Veteran suicide. The primary functions of the program are:

- Enhanced Care Management
- Access and Referral
- Training
- Outreach and Awareness
- Tracking and Reporting

#### VETERAN SERVICES

Suicide Prevention Team provides Enhanced Care Management services for Veterans on a 90 day High Risk for Suicide Flag (HRF). SPT focuses on supporting a Veteran's treatment needs, in collaboration with treatment teams across the healthcare system.

The SPT supports Veterans by responding to Veteran Crisis Line (VCL) consults and ensuring Veterans receive follow-up contact and are linked to appropriate services as needed within ECHCS.

SPT provides monthly outreach as part of case management throughout the duration of a 90-day high-risk flag. SPT ensures follow-up appointments are scheduled upon discharge from acute care

#### PROVIDER SERVICES

The Suicide Prevention Team provides the ECHCS with suicide prevention-related trainings and consultation to ensure that all providers develop suicide prevention competencies ensuring *#SuicidePrevention is Everyone's Business*.

- Documentation Training
- New Employee Orientations
- Suicide Risk Evaluations: Columbia-CSSRS and CSRE
- Suicide Prevention Safety Plans
- Suicide Behavior Reports
- Welfare Check Training/Consultation

#### S.A.V.E Education (1-Hour)

Education on how to identify the warning signs and risk factors of suicide, how to ask a person if they are suicidal, how to validate a Veterans thoughts/feelings of suicide ideation and where to refer them for further professional help.

**Lethal Means Safety Education (1-Hour)**  
Education on items/materials that can be used to engage in Suicidal Self-Directed Violence, including suicide attempts. Facilitating lethal means safety is an essential component of effective suicide prevention.

#### REACH VET Coordination

REACH VET utilizes predictive analytics to identify Veterans at increased risk of suicide or other adverse outcomes.

#### COMMUNITY SUPPORT

The Suicide Prevention Program supports the VA's public health model to eradicate Veteran Suicide. The SPT interacts with the community by attending outreach and community events, providing gatekeeper training to community groups, and participating in local, and state-level Veterans and suicide prevention groups.

If you know of community groups that would be interested in working with our team, please encourage them to contact us.

#### CONTACT US

[VHAECHSuicidePreventionTeam@VA.GOV](mailto:VHAECHSuicidePreventionTeam@VA.GOV)  
TEAM NUMBER: 720-857-5291

*\*For emergencies call: Veterans Crisis Line; 911, ER, Psychiatric Emergency Services (PES)*

Edgar Villarreal, Program Manager/SPC  
Tammy Hopman, LCSW; SPC/VISN Lead  
Ben Kremer, LCSW; SPC

High Risk Flag CPRS Cosign Alerts  
Case Manager Assignments:  
Last Names A-D: Chelsea Rorabaugh, LCSW  
Last Names E-J: Thomas Yancy, LCSW  
Last Names K-N: Stacey Catron, LCSW  
Last Names O-S: Catherine Williams, LCSW  
Last Names T-Z: Sam Porterfield, LCSW